

Keep living and work areas clean. Avian flu (H5N1) is killed by alcohol and bleach. Household (laundry) bleach, 3/4 cup of bleach into one gallon of water, or 70% isopropyl alcohol (straight from the bottle) are effective in killing the flu virus.

Should I panic? No. Disease is a reality in our daily lives. Remembering that practicing PREVENTION is crucial in decreasing the chance of becoming ill. The preventive measures we put in place today will help us not only decrease the incidence and prevalence of influenza, but may help us control a possible avian flu pandemic in the future. To date, the (H5N1) avian flu virus has not been detected in any birds or humans in the United States.



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What should I do to avoid the flu?

Get your flu shot!

Wash your hands! Wash your hands!

Washing your hands often and always before you eat, will help protect you from germs. After using the restroom, wash your hands and use the paper towel to turn on/off the faucet and to open the door.

Avoid close contact with people who are sick.

Stay home when you are sick. If possible stay home from work, school, day care, and errands when you are sick. You will help prevent others from catching your illness.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

Avoid touching your eyes, nose, or mouth. Germs are often spread when a person touches something that is contaminated with germs and then proceeds to touch his or her eyes, nose, or mouth.

Pamper your immune system

*Get plenty of sleep!
Exercise regularly!
Manage your stress level!
Drink plenty of fluids!
Eat healthy foods!*

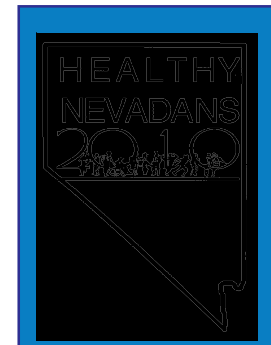
Avian Influenza

What you need to know

“Bird Flu”

NEVADA STATE HEALTH DIVISION

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<http://Health2k.state.nv.us>

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What is avian influenza?

Avian influenza, or more commonly known as “bird flu,” is a contagious disease of animals caused by viruses that normally infect only *birds* and, less commonly, *pigs*.

Avian influenza viruses are highly species-specific, but have, on rare occasions, crossed the species barrier to infect humans. In domestic poultry, infection with avian influenza viruses causes two main forms of disease, distinguished by low and high extremes of virulence. The “low pathogenic” form commonly causes only mild symptoms and may easily go undetected. The highly pathogenic form is far more dramatic in birds. It spreads very rapidly, sometimes within 48 hours, through poultry flocks, causes disease affecting multiple internal organs, and has a mortality rate that is extremely high.

How do people become infected?

Transmission through direct contact with infected poultry, or surfaces and objects contaminated by their feces, is presently considered the main route of human infection. To date, most human cases have occurred in rural areas where many households keep small poultry flocks, which often roam freely, entering homes or sharing outdoor areas where children play. As infected birds shed large quantities of virus in their feces, opportunities for exposure to infected droppings or to environments contaminated by the virus are abundant. Complicating matters, many households in Asia depend on poultry for income and food. Some families sell or slaughter and consume birds when signs of illness appear in a flock, and this practice is a necessity in many developing countries. Exposure is considered most likely during slaughter,

defeathering, butchering, and preparation of poultry for cooking. There is no evidence that properly cooked poultry or eggs can be a source of infection.

What are the symptoms of avian flu?

Avian (Bird) flu causes initial symptoms similar to human flu viruses: fever, cough, sore throat and muscle aches. Shortness of breath and eye infections may also develop. In severe cases, bird flu can cause severe respiratory complications like pneumonia, which can lead to death.

Is there a vaccine against avian flu?

A vaccine effective against avian flu is not yet available. Vaccines are produced each year for seasonal influenza, but will not protect against avian influenza. Although a vaccine against the avian flu virus is under development in several countries, no vaccine is ready for commercial production and no vaccines are expected to be widely available until several months after the start of a pandemic. Some clinical trials are now under way to test whether experimental vaccines will be fully protective and to determine whether different formulations can economize on the amount of antigen required thus boosting production capacity. Because the vaccine needs to closely match the virus, large-scale commercial production will not start until the new virus has emerged.

How is bird flu in humans treated?

Treatment may include hospitalization and supportive care, such as plenty of fluids and bed rest. Additionally, studies suggest that some antiviral drugs may help minimize the severity of bird flu in some people. However, as the virus changes, these drugs may no longer be effective.

What are public health officials doing to prepare and combat Avian Influenza?

Nevada, in partnership with local, state, and federal agencies, have a disaster plan in place to effectively manage the spread of disease in our state. Routinely, staff are tested and evaluated on how well they respond to a simulated disaster scenario. Timely response, detection and identification of the source of disease, are key to successful containment of an outbreak of disease. This plan includes isolation and quarantine authority. In the event of a disaster, the Nevada State Health Officer, in coordination with public health and emergency management authorities throughout the state, advise the Governor regarding appropriate actions to save lives during emergencies. Nevada hospitals have sufficient infrastructure to manage initial outbreaks of contagious diseases of this nature, but containment and isolation would be necessary to avoid overwhelming the system. Experts agree, early detection and appropriate actions are essential for success in controlling the spread of disease. Additionally, our federal partners at the Centers for Disease Control and Prevention (CDC) have developed the Strategic National Stockpile (SNS). This program provides critical pharmaceuticals and medical supplies to Americans in a timely manner in the event of a terrorist act or public health emergency. CDC works closely with the World Health Organization to monitor the progress and spread of influenza and other diseases throughout the world. For several months, the Nevada Department of Agriculture has been monitoring bird populations for the presence of influenza.